

Medicare & NVCC Appointments Available. Call Reception for schedule.		Weekly Activities Calendar			Ping Pong, Billiards, and Computer Lab open 9-4pm
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
9:30-10:30 Res. Exercise 10:00-11:00 Mix-It-Up 11:00-12:00 Line Dancing 11:15-12:45 Carson City Strummers 12:00-4:00 Game Day 12:15-2:30 Karaoke Party 12:30-4:00 Mah Jongg 1:00-2:00 Tai Chi Beginners	9:00-9:45 Pilates Mat Class 9:00-1:00 Gems & Minerals <del>9:30-11:30 Paper Crafting</del> 10:00-11:00 Mix-It-Up 10:00-11:00 Bible Study with Jim & Monica 10:00-11:30 Yoga 11:30-12:30 Yoga 12:00-1:00 Al Anon 12:00-4:00 Canasta 12:00-4:00 Game Day 1:00-2:30 Connections	9:30-10:30 Res. Exercise 10:00-11:00 Bible Study with Raymond 10:00-12:00 Bridge Lessons 12:00-3:00 La Tea Da Knitters 12:00-4:00 Mah Jongg 12:00-4:00 Game Day 12:00-4:00 Euchre 12:30-1:15 The Church Ladies 1:00-4:00 Dup. Bridge Game 5:00-6:30 Cap. City Cloggers 6:30-8:00 Al Anon	9:00-9:45 Pilates Mat Class 9:00-12:00 Scrapbooking 9:00-1:00 Gems & Minerals 10:00-11:00 Mix-It-Up 10:00-11:30 Yoga 10:00-12:30 Cribbage 11:45-12:45 Chair Yoga 12:00-1:00 Al Anon 12:00-4:00 Mah Jongg 12:00-4:00 Game Day 12:00-4:00 Canasta 1:00-2:00 Tai Chi Beginners 1:15-3:15 Bingo 6:00-7:15 CODA	9:00-4:00 Welfare Office Hours 9:30-10:30 Res. Exercise 10:45-11:45 Chair Yoga 12:00-1:00 Overeaters Anon. 12:00-4:00 Game Day 12:30-4:00 2 Table Bridge 12:30-4:00 Mah Jongg 1:00-4:00 Bunco	
Special Events & Activities					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>Don &amp; Nadine Dance Party – July 4 at 6:00 p.m.</b> <b>Sunday Bingo – July 12 &amp; July 26</b>		<b>1</b> 9:00-10:30 Care Chest 10:30-12:30 GUIDE Program Information Table 1:00-3:00 Smiles from Heaven	<b>2</b> 9:00-3:00 Nevada Legal (By appt) <del>10:00-1:00 Tech Help with Michelle (By appt)</del> 11:00-12:00 Music with Lunch Lew & Friends Celebrating 250 Years!	<b>3</b> <b>CLOSED</b> <b>Fourth of July</b>	
<b>6</b> 6:30-8:00 Capital Quilters	<b>7</b> 9:00-11:00 Mobile Harvest 10:00-12:00 Tech Help w Ray 10:30-12:45 MMB Insurance 11:00-12:30 Blind Support Grp	<b>8</b> 9:00-11:30 Capital Quilters 1:00-2:00 Diabetes Support Group 1:00-3:00 Smiles from Heaven	<b>9</b> 11:30-2:30 Tech Help with Michelle (By appt) *Special Hours Today	<b>10</b> 9:00-11:00 Tech Help with Jim (By appt) 11:00-12:30 Birthday Friday 6:00-8:30 Capitol Cutups	
<b>13</b> 10:30-11:30 Medicare Class 11:15-12:15 Music with Lunch Ukulele Performance	<b>14</b> 10:00-11:00 Menu Committee 10:00-12:00 Tech Help w Ray 10:30-12:45 MMB Insurance 1:30-2:30 Living History: Mirages and Mayhem Big Dreams and Land Schemes 5:30-6:30 Medicare 101	<b>15</b> 1:00-3:00 Smiles from Heaven	<b>16</b> 10:00-1:00 Tech Help with Michelle (By appt)	<b>17</b> <del>9:00-11:00 Tech Help with Jim (By appt)</del> 12:00-1:00 Governing Board 6:00-8:30 Capitol Cutups	
<b>20</b> 6:30-8:00 Capital Quilters	<b>21</b> 10:00-12:00 Tech Help w Ray 10:30-12:45 MMB Insurance 12:30-1:30 A Talk with Chelsea Kincheloe, Trails & Dark Skies	<b>22</b> 9:00-11:30 Capital Quilters 1:00-3:00 Smiles from Heaven 2:30-4:00 Alzheimer's Support Group	<b>23</b> 10:00-1:00 Tech Help with Michelle (By appt)	<b>24</b> 10:30-11:30 Stroke Prevention Workshop 10:30-11:45 Parkinson's Support Group 11:00-12:30 Ice Cream Party during Lunch 6:00-8:30 Capitol Cutups	
<b>27</b> 10:30-11:30 Medicare Class	<b>28</b> 10:00-12:00 Tech Help w Ray 10:30-12:45 MMB Insurance 10:00-11:00 Food Commodities 1:00-2:00 Advisory Council	<b>29</b>	<b>30</b>	<b>31</b> 6:00-8:30 Capitol Cutups	

# Carson City Senior Center Menu

## July 2026

Menu subject to change without notice.

Suggested donation for age 60 & over is \$2.25. Those age 13-59 must pay \$6.00, and under 12 must pay \$2.25.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Milk: On-site (Congregate) - 8oz served daily. Meals on Wheels - half gallon delivered weekly.</p> <p>On-Site (Congregate) Lunch:</p> <ul style="list-style-type: none"> <li>Lunch Served: 11-12:30pm, Mon – Fri</li> <li>To-Go Lunch Available Daily – Bring your containers.</li> </ul> <p>Entrée Salad Available Most Days – instead of the day's meal for on-site lunch only. (See weekly menu for availability.)</p>		<p>1 <u>Tuna Macaroni Salad</u> 3 Bean Salad Spiced Applesauce Apple Crisp</p>	<p>2 <u>Hamburger W/ LTOP</u> Baked Beans House Salad Watermelon Cookie #136</p>	<p>3 <u>CLOSED HAPPY 4<sup>th</sup> OF JULY!!!!</u>  Birthday Friday will be Celebrated next Friday</p>
<p>6 <u>Honey Lemon Chicken</u> Penne Pasta Brussel Sprouts Pineapple Chunks WW Bread #116</p>	<p>7 <u>Beef Stir Fry</u> Brown Rice Broccoli Asian Garbanzo Bean Salad</p>	<p>8 <u>Baked Pork Chop</u> Mashed Sweet Potatoes Steamed Green Beans Banana WW Roll #110</p>	<p>9 <u>Fish Taco</u> Black Beans Coleslaw Sliced Peaches Cookie</p>	<p>10 <u>HAPPY BIRTHDAY! Chicken Cordon Bleu</u> Rice Pilaf Peas Fresh Orange Cake &amp; Ice Cream</p>
<p>13 <u>Baked Salmon</u> Buttered Potatoes Braised Red Cabbage Orange Spinach Salad Ginger Cookie #80</p>	<p>14 <u>Baked Ziti</u> Broccoli House Salad Garlic Breadstick</p>	<p>15 <u>Chicken Cacciatore</u> Herbed Veg Medley Cucumber Salad Citrus Delight WW Roll #87</p>	<p>16 <u>Pork Ragu</u> Jasmine Rice Capri Veggie Blend Fresh Fruit WW Bread</p>	<p>17 <u>Meatloaf</u> Mashed Potatoes Peas &amp; Carrots Fresh Fruit WW Roll</p>
<p>20 <u>Chef Salad</u> Fresh Fruit Three Bean Salad Cookie</p>	<p>21 <u>Pork Fried Rice</u> Stir Fry Veggies Mandarin Oranges Fortune Cookie</p>	<p>22 <u>Beef Stroganoff</u> Egg Noodles Acorn Squash Fresh Apple Brownie #108</p>	<p>23 <u>Herbed Baked Chicken</u> Mashed Sweet Potatoes Herbed Veg Medley Spiced Applesauce WW Bread #73</p>	<p>24 <u>Swedish Meatballs</u> Egg Noodles 4-Way Veggies Fruit Juice Ice Cream Treats Sponsored by Pay It Forward Project</p>
<p>27 <u>Swiss Steak</u> Egg Noodles Mixed Veggies Banana WW Bread #69</p>	<p>28 <u>Shrimp Alfredo</u> Linguine Pasta Lima Beans Cucumber Salad</p>	<p>29 <u>Italian Sub Sandwich</u> WW Hoagie Roll House Salad Tomato Juice Fresh Fruit</p>	<p>30 <u>Chicken Pasta Primavera</u> Green Beans Citrus Delight Garlic Breadstick #32</p>	<p>31 <u>Sloppy Joes On WW Bun</u> Baked Beans House Salad Fruit Juice Cookie</p>